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'Pure Garbage': School Cafeterias Start Serving Up Big Food's Lunchables

Two Kraft Heinz ready-to-eat prepackaged Lunchables are being added to K-12 school lunch programs across the U.S. this fall. Kraft Heinz — which is primarily owned by institutional shareholders, the top four being Berkshire Hathaway, BlackRock, Vanguard and State Street — is a partner of the School Nutrition Association.

By Dr. Joseph Mercola

14

LUNCHABLES
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Story at a glance:

- Two Kraft Heinz ready-to-eat prepackaged Lunchables are being added to K-12 school lunch programs across the U.S. this fall.
- Kraft Heinz — which is primarily owned by institutional shareholders, the top four being Berkshire Hathaway, BlackRock, Vanguard and State Street — is a partner of the School Nutrition Association, and has been pushing to get their wares into the lunch program for some time.
- According to Katie Wilson, executive director of the Urban School Food Alliance, the fact that processed, packaged food meets school lunch standards points to problems with the federal nutritional guidelines.
- Topping my list of concerns for the Lunchables extra cheese pizza product is the presence of soybean oil, which is loaded with harmful omega-6 linoleic acid (LA). Evidence suggests LA is a key contributor to chronic diseases, as it impairs mitochondrial function and energy production.
- "Vital wheat gluten" is another concern. This is pure gluten, which can contribute to or cause leaky gut. Other questionable ingredients include artificial flavors, preservatives, food coloring and "cellulose powder," which is a fancy name for refined wood pulp. In addition to being an anticaking agent, wood pulp also provides bulk (cutting down on the amount of "real" ingredients required) and can have a laxative effect in sufficient quantity.

The quality of school lunches has been deteriorating for decades, and it just got another downgrade.

As reported by CNN, two Kraft Heinz ready-to-eat prepackaged Lunchables are being added to K-12 school lunch programs across the U.S. as of this fall semester.

Improved nutrition?

The school Lunchables have reportedly been reformulated to meet the National School Lunch Program's nutritional requirements, which include higher grain content and lower sodium, compared to the Lunchables sold in stores.

But if you have even the slightest knowledge about diet and nutrition, you'll realize that the National School Lunch Program nutritional requirements really don't amount to much. They certainly do not guarantee that your children are being well-fed.

Schools are required to offer students five meal components: fruit, vegetable, protein, grain and milk, and students must take at least three, including a fruit or vegetable option, as part of their lunch.

While that seems sound, once you start looking at what qualifies as fruit, vegetable, protein, grain and milk, you quickly realize that what the kids are actually getting is ultra-processed junk food loaded with artificial ingredients.

Pizza, for example, has been a staple in schools for a long time, with tomato sauce qualifying as a "vegetable." The Lunchables "extra cheesy pizza" isn't even regular pizza. It's basically an ultra-processed imitation of an ultra-processed junk food.

Not surprisingly, Kraft Heinz is a partner of the School Nutrition Association and has reportedly been pushing to get their wares into the lunch program for some time.

Meanwhile, the Kraft Heinz Company is primarily owned by institutional shareholders.

As of this writing, the top four owners are Berkshire Hathaway, BlackRock, Vanguard and State Street — the same entities that have a monopoly on the world's resources in general.

Balanced nutrition?

Kraft Heinz has also partnered with Del Monte to provide a Lunchables with fresh fruit option, where the processed lunch meat and cheese is served with pieces of fruit (apples, pineapple, grapes or clementines) rather than crackers.

According to foodsided.com, the fruit-based Lunchables is an effort to create a more "balanced eating school lunch option."

These products are not being rolled out as part of the school lunch program, however. They'll be available in grocery stores across the south-central region of the U.S. this fall, and are being marketed to children who bring their own lunches.

Lunchables raise concern among child nutritionists

According to The Washington Post, the new Lunchables offerings "could appeal to schools that are struggling with labor shortages in cafeterias and supply chain kinks that have limited their menu options."

However, "many nutrition experts greeted the news with a heaping side of skepticism" — as they well should.

The Washington Post writes:

> "Katie Wilson, the executive director of the Urban School Food Alliance, said the approval of Lunchables points to bigger problems with federal guidelines. 'The fact that a processed, packaged food meets school lunch standards is part of what needs to change in the national school lunch program,' she said. …
>
> "Dariush Mozaffarian, a cardiologist and professor at the Tufts Friedman School of Nutrition, said he wouldn't have a problem with Lunchables — if they didn't include processed meat or high sodium levels.
>
> "The World Health Organization considers products such as sandwich meats, hot dogs and bacon to be 'Group 1' carcinogens, the same category as cigarettes and asbestos, he noted. …
>
> "'These are products that could be used in an emergency situation, but I certainly hope they don't become the norm in school meals,' Wilson said. 'What message are we sending our children about healthy eating?' And then there's the packaging — plastic trays and wrappers — which some critics say is wasteful."

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Plastic contamination — another pressing concern

Indeed, each Lunchables product comes in a plastic tray with a plastic wrap cover, so just how much plastic trash will be added by serving Lunchables to 30 million students, every day of the school year?

Without getting bogged down in actual math, we can conclude it's going to be quite a lot, so where's the environmental concern? Aren't we eliminating livestock and cutting agriculture to save the planet? Shouldn't we leave the cows and rice paddies alone and eliminate processed foods wrapped in plastic instead?

Both food and water are becoming increasingly contaminated with these toxic bits.

Microplastic particles, which are less than 5 millimeters long, are literally clouding the oceans in spots.

Carried along with the ocean's currents, swirling gyres of "plastic smog" now cover about 40% of the world's ocean surfaces.

Plastic bits are eaten by fish and other marine life, which are then eaten by us.

Remarkably, the annual release of plastics to land is estimated to be four to 23 times greater than that released to oceans.

Eighty-three percent of tap water samples tested worldwide, and 94% of samples in the U.S., are also contaminated with plastic.

Pure garbage

While media report the content of these Lunchables in terms of the amounts of grains, meat/meat alternatives, saturated fat and sodium in them, most nutritionally-aware people know that there's more to nutrition than that.

Just what is in these products?

Here's the nutrition facts label and list of ingredients for the Lunchables Extra Cheesy Pizza (4.2-ounce package) sold in U.S. grocery stores:

The school lunch program version comes in a 5.05-ounce container and is formulated to contain 2 ounces of meat/meat alternative, 2 ounces of grains, a one-eighth cup of red vegetable (tomato sauce), 7 grams of saturated fat and 700 milligrams of sodium.

Aside from those details, I've not been able to locate a full list of ingredients for the school version, but I believe it's reasonable to assume that most of the individual ingredients will be the same as the grocery store version.

Topping my list of concerns for the "pizza" version is the presence of soybean oil, which is loaded with harmful LA. Evidence suggests LA is a key contributor to chronic diseases, as it impairs mitochondrial function and energy production.

"Vital wheat gluten" is another concern. This has been described as "normal wheat flour on steroids."

It's basically pure gluten, which can contribute to or cause leaky gut. Other questionable ingredients include artificial flavors of unknown constitution, sodium benzoate preservatives and food coloring.

It's worth noting that they're not using real mozzarella cheese but rather two kinds of "cheese product." The food coloring (apocarotenal) is a yellow-red compound used to give it a familiar yellowish cheese color.

They also add "cellulose powder" as an anticaking agent, which is a fancy name for refined wood pulp. Bon Appetit! Wood pulp also provides bulk (cutting down on the amount of "real" ingredients required) and can have a laxative effect in sufficient quantity.

Even worse garbage

Taking a look at Lunchables Uploaded, which are sold in stores but not part of the school lunch program, provides an even more revolting read. These 15.12-ounce trays come with an artificially-flavored, artificially- and naturally-sweetened drink, a bag of Cheez-It and Trolli gummy candy.

And Kraft Heinz wants you to think they're concerned with "balanced nutrition."

Here's the complete ingredients list for Lunchables Uploaded Ultimate Deep Dish Pepperoni Pizza with Cheez-It & Trolli Candy:

> "Purified Drinking Water; Pizza Sauce (Water, Tomato Paste, Sugar, Contains Less than 2% of Modified Food Starch, Garlic Powder, Salt, Onion Powder, Spice, Citric Acid, Dried Basil, Sea Salt, Sodium Benzoate and Potassium Sorbate [Added as Preservatives], Xanthan Gum, Natural Flavor)
>
> "Pizza Crust: (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Wheat Flour, Soybean Oil, Yeast, Sugar, Contains 2% or Less of: Reduced Sodium Salt Blend [Salt, Potassium Chloride, Natural Flavor], Dough Conditioner [Whey (Milk), L-Cysteine], Vital Wheat Gluten, Natural and Artificial Flavors, Mono-Diglycerides, Sodium Stearoyl Lactylate, Rice Bran Extract, Calcium Propionate, Dough Conditioner [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate), Enzymes], Dehydrated Garlic, Cellulose Powder)
>
> "Baked Snack Crackers (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Vegetable Oil [Soybean and Palm Oil], Cheese Made with Skim Milk [Skim Milk, Whey Protein, Cheese Cultures, Salt, Enzymes, Annatto Extract for Color], Contains Two Percent or Less of Salt, Paprika, Yeast, Paprika Oleoresin for Color, Soy Lecithin)
>
> "Gummy Worms: (Corn Syrup, Sugar, Gelatin, Modified Corn Starch, Fumaric Acid, Lactic Acid, Citric Acid, Sodium Citrate, Calcium Lactate, Sodium Lactate, Natural and Artificial Flavors, Titanium Dioxide [Color], Red 40, Yellow 5, Yellow 6, Blue 1)
>
> "Cheese Blend (Mozzarella Pasteurized Prepared Cheese Product [Part-Skim Milk, Water, Milk Protein Concentrate, Milkfat, Contains Less than 2% of Salt, Cheese Culture, Sodium Citrate, Sorbic Acid as Preservative, Enzymes, Vitamin A Palmitate, Cellulose Powdered Added to Prevent Caking]
>
> "Pasteurized Prepared Cheese Product [Pasteurized Part-Skim Milk, Water, Milk Protein Concentrate, Milkfat, Contains Less than 2% of Salt, Cheese Culture, Sodium Citrate, Sorbic Acid as Preservative, Enzymes, Apocarotenal (Color), Vitamin A Palmitate, Cellulose Powder Added to Prevent Caking])
>
> "Pepperoni Made with Pork and Chicken (Pork, Mechanically Separated Chicken, Salt, Contains 2% or Less of Pork Stock, Spices [Including Mustard], Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Ascorbate, Sodium Nitrite, BHA, BHT, Citric Acid)
>
> "Tropical Punch Artificial Flavored Soft Drink Mix (Sugar, Fructose, Citric Acid, Contains Less than 2% of Ascorbic Acid [Vitamin C], Natural and Artificial Flavor, Acesulfame Potassium and Sucralose [Sweeteners], Calcium Phosphate, Artificial Color, Red 40, Blue 1, BHA [Preserves Freshness])."

Vegetable oils, pure gluten, refined wood pulp, soy, corn syrup, sugar, artificial flavors, artificial colors, nitrites, preservatives and artificial sweeteners — this is what passes for "food" for growing children whose development and IQ depend on proper nutrition.

It's beyond sad. And it certainly helps to explain the explosion of chronic diseases in childhood.

Processed food diets are deadlier than smoking

Research has shown refined high-carb diets are as risky as smoking, increasing your risk for lung cancer by as much as 49%, while other estimates suggest processed foods kill more people prematurely than cigarette smoking.

Many studies have also demonstrated that the more processed a food is, the worse it is for your health, and more than $1 trillion is spent on treating junk food-related diseases in the U.S. each year.

Processed foods promote a wide variety of chronic health problems, including obesity, cardiovascular diseases, Type-2 diabetes, metabolic syndrome, irritable bowel syndrome, depression and cancer.

A 2018 study published in BMJ, which included 104,980 participants who were followed for an average of five years, found that each 10% increase in ultra-processed food intake raised the cancer rate by 12%.

This works out to nine additional cancer cases per 10,000 people per year. The risk of breast cancer, specifically, went up by 11% for every 10% increase in ultra-processed food.

Processed foods also raise your risk of premature death, which makes sense, considering how health issues like heart disease and cancer can shave years, if not decades, off your life span.

French research published in 2019 found that for each 10% increase in the amount of ultra-processed food consumed, the risk of premature death rose by 14%.

This also means you have a significant degree of control over your expected lifespan. Cut your processed food consumption by half and you're already 70% less likely to die early than you were before.

Ultra-processed defined

Food processing occurs on a spectrum, with traditionally canned or fermented foods being "processed" but minimally so, whereas ultra-processed foods have not only been cooked or altered but also contain unnatural ingredients — such as those found in Lunchables.

Generally, ultra-processed foods can be defined as food products containing one or more of the following:

- Ingredients that are not traditionally used in cooking.
- Unnaturally high amounts of sugar, salt, processed industrial oils and unhealthy fats.
- Artificial flavors, colors, chemical sweeteners and other additives that imitate sensorial qualities of unprocessed or minimally processed foods (examples include additives that create textures and pleasing mouth-feel).
- Preservatives and chemicals that impart an unnaturally long shelf-life.
- Genetically engineered ingredients, which in addition to carrying potential health risks also tend to be heavily contaminated with toxic herbicides.

As described in the NOVA classification of food processing, "A multitude of sequences of processes is used to combine the usually many ingredients and to create the final product (hence 'ultra-processed')."

Examples include hydrogenation, hydrolysation, extrusion, molding and preprocessing for frying.

Ultra-processed foods also tend to be far more addictive than other foods, thanks to high amounts of sugar (which has been shown to be more addictive than cocaine), salt and fat.

The processed food industry has also developed "craveabilty" into an art form. Nothing is left to chance, and by making their foods addictive, manufacturers ensure repeat sales.

Order Now 'The Wuhan Cover-up' by RFK Jr.!

Processed food and the obesity epidemic

For a clear illustration of what processed food has done to public health, just look at photos of beachgoers in the 1960s and 1970s and compare it to a beach scene of today. Even as recently as my childhood in the 1970s, obesity was uncommon and even older people were relatively trim.

The obesity rate among adults through the 1960s and 1970s was only 13%. In 2020, the U.S. obesity rate hit 42% and another 30% of adults were overweight.

Combined, that means more than 7 out of 10 people are carrying excess weight, placing them at increased risk for preventable health problems, mental health issues, chronic disease and early death.

A main culprit behind this obesity epidemic is LA, which is found most abundantly in seed (commonly referred to as vegetable) oils that processed foods are loaded with.

As the takeover and transformation of our food system ramp up, the problems associated with processed foods will only get more severe, as the globalists' goal is to replace most natural and whole foods with unhealthy patented ultra-processed products.

Animal farming will be regulated into oblivion in order to be replaced by insect farms (so-called micro livestock), gene-edited food, lab-grown meat and synthetic animal-free dairy products — all in the name of safeguarding public health and protecting the environment.

Back in 2016, the World Economic Forum (WEF) published an article titled "What Will We Eat in 2030?" The article proposed to improve the food system by increasing food processing and engineering foods in "ways that are better for our health."

"'Ultraprocessed' foods need not be unhealthy," the WEF claimed.

But this is as big a lie as "Roundup is safe enough to drink," "Smoking is safe for pregnant women," "DDT is good for me" and "COVID vaccines are safe and effective."

There is no way to make ultra-processed food healthy. Period. And the sooner people realize this, the sooner we can turn the obesity and childhood disease trends around.

Healthy eating habits start at home

In my view, eating a diet consisting of 90% whole (ideally organic) food and only 10% or less processed foods is an achievable goal for most that could make a significant difference in your weight and overall health, and that of your children. You simply need to make the commitment and place a high priority on it.

Remember, your children's eating habits are formed at an early age, at home. If they're used to eating healthy whole food at home, they may be less inclined to opt for Lunchables at school, especially if they've been told why one is better than the other.

And, if you're tucking Lunchables into your child's lunch bag out of sheer convenience, please consider the long-term ramifications to your child's health. Review the disease and mortality statistics for processed food diets again. The fact is, eating healthy isn't all that complicated.

Simply focus on whole foods. Your child's lunch could consist of some white rice with a piece of cooked chicken from last night's dinner, for example, along with some fresh fruit and/or vegetables.

Originally published by Mercola.

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Dr. Joseph Mercola
Dr. Joseph Mercola is the founder of Mercola.com.

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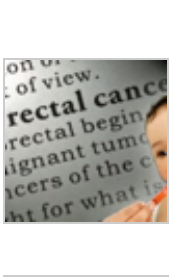
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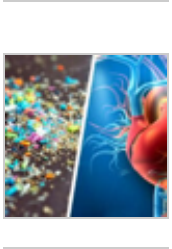
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Missy
4 days ago
Lunchables are disgusting. No nutritional value. This is why kids are sick and obese and have behavior issues because of the garbage in it
7 0 Reply • Share ›

tag
4 days ago
My children were born 1980 and 1983. Lunchable's came onto the scene in 1989. They were garbage then and I see time hasn't changed that. Parents need to stop wondering why their child has health issues and educate themselves on proper nutrition. And forget about trusting your pediatric Dr. a patient for life is good for the pocketbook. Wake Up! A garbage diet will never produce good health. Do the math...it doesn't save you money either.
5 0 Reply • Share ›

Caroline Cary Davidson → tag
3 days ago
I am very bothered by the amount of packaging. we're bombarded with messaging about the climate & environment yet our stupid 'government' is contracting with food services for school kids and the plastic & other packaging probably weighs more then the supposed 'food'.
4 0 Reply • Share ›

BChristine → Caroline Cary Davidson
3 days ago
Yes, thank you. I realized the plastic-packaging issue after reading your post. This is another issue which should be addressed but isn't. Microplastics in our food, water, etc. as well as the build-up of plastic in our environment. We need RFK Jr to lead this fight - he gets it.
3 0 Reply • Share ›

BChristine → tag
3 days ago
Absolutely. There is no good health to be obtained by feeding children the SAD (Standard American Diet). These are children in the early stages of life who need proper nutrition and wholesome (organic) food to develop properly.

Unfortunately this is up to the parents ... and the majority of them are eating the same garbage. Then parents wonder why their children are obese, sick and do not perform well in school.

If nothing changes with our food system, our country will continue to see behavior issues, illiteracy and school violence. VERY SAD.
3 0 Reply • Share ›

MultiChubby1
3 days ago edited
My 1st child was diagnosed with ADHD and believe me you didn't have to a MD to see the problem. No daycare would take him. It was that bad. He also had unending ear infections that required unending antibiotics. It was a nightmare. When he was 2 the situation reached the snapping point with the pediatrician writing a prescription for Ritalin within 8 minutes of entering his office after watching my son disassemble the entire room, his desk and was on top of the paper towel dispenser. I left sobbing. I was at least that awake that I knew the Ritalin was bad. Later that afternoon, I was visiting the only family that would allow my son to go to their home and being so upset from the mornings doctor visit, I was distractedly perusing the titles in their bookshelf. Suddenly I saw a title that asked " Why is You Child Hyperactive " Well I asked to borrow it. The book was by Ben Feingold. Read about him. Another censored cancelled doctor who said that the sudden rise of hyperactive children was largely due to artificial colors and flavors that had flooded the children's food market in the late 60's. The problem was, I didn't allow him to eat that stuff, so where was it coming from? At first, I thought well this doesn't apply, but then I looked at the day-glo sickly sweet amoxicillin suspension in the fridge and the light bulb went on. I contacted a small pharmacy that found decongestant with no color or flavor and I put him on adult antibiotic, crushed into applesauce. Within 7 days my women's group were asking if I had put him on the Ritalin. Interestingly the ear infections want away as well. That was my epiphany.
3 0 Reply • Share ›

Caroline Cary Davidson → MultiChubby1
3 days ago
the hidden sources of toxic ingredients are almost limitless. it goes way beyond food. your typical tablet of Motrin is coated with titanium dioxide, tablets of Benadryl, red dye #40 and yellow #5. children's liquid versions, high fructose corn syrup AND artificial flavors. yes, compounding pharmacies can be an (expensive) answer but I know parents who have resorted to washing off the tablets, drying and then crushing.
some people are also sensitive to natural substances like phenols (the dark component in healthy 'dark fruits') because of a genetic issue in the PST pathway (lacking the enzyme phenol sulfur transferase to process them). so even the switch to some 'natural' coloring, while infinitely better, can also cause a 'hyper' behavior reaction. the human body is complicated and all this messing about with chemicals can never end well.
1 0 Reply • Share ›

BraveNewWhirled
4 days ago edited
Watch video clips of American crowds from yesteryear and you won't see much obesity. Today it seems like some 70% of our population is more than a few unhealthy pounds overweight. In those same videos, you will see people were full of life and vigor, and they paid attention to their surroundings. People didn't wear their pajamas or overstuffed Spandex out in public; they had more respect for themselves and others.

Dr. Mercola addresses school lunches, which are just one of the poisons our children are

Dr. Mercola addresses school lunches, which are just one of the poisons our children are fed, every day they go to government school. It's not an overstatement to say our education system, along with popular entertainment, are the primary long-term contributors to our poor diet and health. This didn't happen overnight.

3 0 Reply • Share ›

Caroline Cary Davidson ↪ BraveNewWhirled

3 days ago

absolutely agree!! I went to high school in the late 70's. out of classes of 30 or more students, maybe ONE was 'chubby'. obese teens were very rare.
now I sometimes drive my 12th grader (yes I have a 12th grader; I was nearly 45 when I had him) so I see what the other kids look like. at least half are over-weight and only tiny minority seem to care about their health, let alone their appearance. severely obese teens are common, no ones seems to notice. and god forbid anyone SAY anything. I shudder to think what their future health is gonna be like!
oh man, my grandma would be horrified to see the 'PJ's in public' thing. not just the sweat or sports pants but ligit pajamas and even people MY age going out in public like that. holy crap, how hard is it to throw on a pair of jeans!

2 0 Reply • Share ›

Caroline Cary Davidson

3 days ago

guidelines updated to contain more grain and less sodium?? so THAT'S supposed to be some kind of upgrade? what a joke. most people feed their pets better than the crap that passes as 'school lunches'.
I knew they gave the kids crappy food but was APPALLED when we saw exactly what it was. during the plandemic, when the kids were locked out of school, our district (majority working class/minority) started handing out the school breakfast/lunch food to families (in a make shift pick up line in school parking lots. my mom drove over there to get some of it; I eventually asked her to stop bothering. it was THAT BAD!)
85 - 90% of it was prepackaged garbage, super-processed sweet rolls, pop-tarts, dry cereal. cartons of milk (some flavored with fake chocolate & corn syrup) and juice that was very high sugar. horrible, barely cooked frozen pizza, lowest quality processed meats. even what was supposedly 'fresh' fruit & veggies was single-serve, wrapped in plastic and likely sprayed with god-knows-what. (some of it was half spoiled already; lots went straight to my compost!)
NONE of it appeared to be actually COOKED by school food service personnel. they simply opened boxes of prepackaged plastic trays. I guess when students were physically THERE, the most they had to do was reheat some of the crap.
this entire federal school lunch program is one, massive farce! not only do they engage in sweetheart deals with the mega-huge 'food' industry, the amount of PLASTIC garbage in the packaging is sickening and the food is toxic! they're teaching our kids about climate change and sustainable energy, then at lunch time, fill a huge dumpster with plastic trash and wasted, inedible 'food'. its INSANE!
it would be healthier and more cost-effective to go back to the 'lunch lady' actually COOKING locally-sourced, simple meals. the only ones being 'feed well' are the profits for the multi-national food processing cabal.

2 0 Reply • Share ›

faustinaagatha

3 days ago

My experience is that even toddlers like fresh raw veggies. Scarf em up yum yum.

2 0 Reply • Share ›

Caroline Cary Davidson ↪ faustinaagatha

3 days ago

yes, they usually do. its all about what they are being offered. the whole idea that there is such a thing as 'kid's menu's' and kid's food, is absurd. its nothing but marketing. today's parents of young kids don't seem to realize that.

2 0 Reply • Share ›

Nichole

a day ago edited

Of course they are pushing this as there was a growing nutritious school food movement that was gaining ground centering on community schoolyard type projects incorporating green space and gardens to also help provide nutritious meals to children in schools. These schoolyard projects many of them have been working to help offset the cost of school meals by having gardens at the schools that were also tied in to lowering the heat effect at these public schools that often have very little trees making them have a very high heat index.

The community school yards and other similar projects were also bringing in these gardens to connect children with nature and food origins, this was having success in the schools where this was tried and even lowered depression and increased attendance rates. Often these projects can also help bring communities together because the families in need can come to the school and get fresh produce that they might otherwise not be able to afford. The industrial food supply system and its effect on what is pushed in our schools is damaging. What happens is that the schools will only allow certain products usually prepared and packaged foods and that usually means the foods that have all the added chemicals and harmful dyes and preservatives like lunchables.

I know when my kids were little, the schools did not encourage the parents to bring

see more

1 0 Reply • Share ›

EVS

a day ago edited

I haven't been in grade/ high school in 50+ yrs. but even then the food was for the most part basically void of true nutritional value. Soggy overcooked veggies , instant mashed potatoes, jello, etc., etc,
IFortunately I was raised on a farm and my folks didn't believe in toxic chemicals on the crops and were trying to go to organic minded farming along with a few other like minded farmers in the area.
I can't believe parents aren't up in arms screaming H3LL NO ... my kids aren't eating this crap that's literally not fit for pigs and they'll eat anything !!

0 0 Reply • Share ›

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